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Vancouver Games

Countdown to 2010

Today

- Operation cleanup and Vancouver's homeless pg 3

Coming up this week

- Wednesday — Views of Canadians on the streets
- Thursday — One-year countdown at Whistler
- Friday — Unveiling the Olympic torch



Valentine's Day

Matters of the heart

Your Money

- Spend time, not money, pg 8

Health & Beauty

- Josey Vogels explores the unrealistic expectations of rom-com love, pg 10
- Got love? Your heart will thank you, pg 10

Coming up this week

- Wednesday — Georgie Binks' take on relationships, the most romantic getaways in Canada and why movies are such a popular date-night choice
- Thursday — Recipes for a cosy night in
- Friday — Alan Cross and being careful with love songs

America's Heartland **Obama promotes stimulus**



U.S. President Barack Obama addresses Indiana residents yesterday during a town hall-style meeting at Concord High School in Elkhart, Ind. The Elkhart-Goshen area of the state had the highest jobless rate increase in the United States over the past 12 months, up 4.7 per cent to 15.3 per cent. Obama hit the road to garner public support for a proposed \$800-billion stimulus package. Yesterday, the bill cleared the Senate hurdle for a passage vote today. **Story, pg 4.**

OC Transpo faces \$12.3M debt after strike, says GM

TIM WIECLAWSKI
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More savings for transit riders may be coming in March, but the transit strike could leave OC Transpo \$12.3 million in debt, its general manager said yesterday.

By not running buses in January, OC Transpo saved around \$5.7 million.

However, that savings is expected to disappear quickly while OC Transpo operates the system at a cost of \$900,000 per day with almost no revenue coming in during February.

Encouragement measures

- Yesterday, councillors suggested a number of extra measures to encourage people to get back on the bus, but they were deferred until early March so city staff can determine how much they would cost.
- Suggestions included putting off a 7.5 per cent fare hike scheduled for April until July and free service extended until the end of April for December pass holders and until the end of March for all riders.

On top of that, the city's transit committee voted yesterday to extend free transit to all riders by two weeks, which would result in a projected revenue loss of \$1.1 million. The motion has to be approved by city council tomorrow.

OC Transpo general manager Alain Mercier said before the strike, transit services was budgeting to generate \$36.9 million between February and April.

However, the refund policy that offers regular December pass holders free transit

until March 31 and EcoPass holders until the end of April is expected to leave the transit service with a \$15.5-million shortfall.

OC Transpo still has \$7.6 million in revenue from December passes that can be used to make up that shortfall. However, they have already refunded \$1.6 million for those passes.

Earlier this month, city council also agreed to extend the property tax bill due date by four weeks at the cost of \$1.3 million.

The city is also spending \$1.2 million in mitigation measures to help residents deal with the strike.

Flowers grown in blood, say Colombians

Valentine's Day

RIGHTS Flowers from Colombia are grown in blood, according to a small delegation from that country asking Canadians to think twice about the origin of flowers they buy for Valentine's Day.

It's the blood of women and children as young as 10, who work in slave labour conditions in sprawling greenhouses around the capital. They arrive from all over the country to package

beauty, working long hours for little pay, no guaranteed labour rights and health problems that include infertility, lung disorders, joint issues and cancer.

"It is essentially slave labour," Yolanda Becerra Vega, director of the Popular Women's Organization, said in an interview. The Amnesty International-sponsored delegation is here to plead with parliamentarians to reject the Canada-Colombia free-trade agreement, signed last November and expected to be introduced in the House soon.

Becerra Vega is recognized internationally for human rights work in a country where grassroots activists are regularly targeted by death squads.

Omar Fernandez Obregon, a Franciscan brother, teacher and rights activist, says it's tough for consumers, and florists may not know the origin of the cut flowers they sell.

Try, urges the Colombian delegation. Ask questions.

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Local



384 charges laid for traffic offences

Police have laid 384 charges for tailgating and running stop signs last month. Through its Selective Traffic Enforcement Program, the city's Integrated Road Safety Program issued 90 tickets for tailgating and 294 tickets for failing to stop for stop signs. The program's goal is to reduce traffic fatalities or serious injuries by 30 per cent by 2010.

METRO OTTAWA

Riders happy for a free ride

OC Transpo service rolls out smoothly, but confidence in system down

TIM WIECLAWSKI
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Two-thirds of OC Transpo's normal weekday service rolled out fairly smoothly yesterday morning.

Bus operator Shawn Emery said he was expecting more passengers and was bracing for some rude comments from angry riders, but neither fully materialized.

He said most of the people getting on his bus yesterday morning were just happy to see the buses rolling again and even non-transit users were waving as they passed.

"We got the odd person that would give us the finger, but even on the best of days we can't please everyone," he said. "I



Transit riders happily got back on the buses at the Rideau Centre yesterday. Yesterday was the first weekday in about two months that commuters had the option of taking transit. Some of the buses posted signs that read "free."

think people were probably a little scared. Maybe

they weren't sure what buses were coming back,

so they were taking their own vehicles until all the

expresses come back."

Another operator, Daniel Tremblay, said it would take some time for people to regain confidence in the system and people are still not fully up to speed with how the system is coming back.

"A lot of people are still not aware that it's free service until Sunday. No one tried to put tickets or money, but a lot of people are showing their passes," he said.

Getting back on the bus for the first time in nearly two months, Doug Sherman said the strike has convinced him that he needs to buy a car.

"I was really inconvenienced by the strike," he said. "I will get a car in the next month. I don't want to be put in that position ever again."

Canal closed due to warm weather

Ottawa

Winterlude '09

RIDEAU The warm weather may be a relief for winter weary Ottawans, but has wreaked havoc with the Rideau Canal Skateway.

The National Capital Commission temporarily closed the canal as of midnight last night, due to the forecast of rain and freezing rain.

The temporary closure will help minimize damage to the ice surface, the NCC ice safety committee said yesterday. This precautionary measure also enables the NCC to reopen the skateway as soon as possible.

Skaters and the general public are asked to keep off the ice.

TRACEY TONG/METRO OTTAWA

Ottawans opting for condos over homes

TRACEY TONG
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HOUSING Residents of the nation's capital are passing up single-home dwellings in favour of condos and other high-density dwellings, thanks to a decline in the economy, analysts say.

"In Ottawa, there were 502 housing starts in January 2008," Canada Mortgage and Housing Corporation senior market analyst Sandra Perez Torres said yesterday.

But by January 2009, that number dropped to 411, marking a decline of 18 per cent. However, condominium apartment construction during the first month of 2009 was strong with 213 new units started, accounting for 52 per cent of the total.

"We're seeing a clear trend in Ottawa," Perez Torres said. "We're seeing higher-density construction this year, versus single-home construction. Higher-density construction will become the most sought-after dwelling type in Ottawa's new home market."

"In uncertain economic times, people are waiting

"Higher-density construction will become the most sought-after dwelling type in Ottawa's new home market."

Sandra Perez Torres

on the sidelines to make the biggest decision of their lives."

Although unemployment has decreased in the Ottawa region, "people are still deciding to wait for now," she said.

During January, new home construction was most active in the city core and least active in the suburbs. Vanier led the way in construction, with 189 new condominium apartment units and 25 row houses, accounting for almost three-quarters of all high-density construction.

In Ottawa, the decline in housing affected the suburbs, including Goulbourn and Kanata.

Single-detached home construction dropped from 140 in January 2008 to 111 in January 2009, marking a 20 per cent decline.

OC Transpo aiming for \$3.8B

TIM WIECLAWSKI
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FUNDS Even as OC Transpo is attempting to re-establish pre-strike ridership numbers, the company has drawn up a \$3.8-billion bill for capital investments over the next decade.

Most of the money will be eaten up by a downtown tunnel and a light rail line from Tunney's Pasture to Blair Road, however OC Transpo is budgeting for \$157.7 million this year, mostly on 105 new

Spending

- OC Transpo is also spending \$27.3 million for facilities and equipment in 2009 to upgrade O-Train facilities and replace outdated garage and office equipment.

buses.

Forty-two of those new buses are intended for growth in 2009 and 63 are expected for 2010 to replace existing buses, at a total cost of \$100 million.

Over the next 10 years, OC Transpo will spend

around \$737 million to purchase or refurbish buses.

OC Transpo general manager Alain Mercier said there is no indication to suggest that the strike or the economy would impact their long-term growth expectations.

Half of the projected funds — \$1.9 billion — is expected to come from the federal and provincial governments.

Nearly \$680 million of the city's portion of that money would come from debt financing.

Carleton U to celebrate Aboriginal culture

TRACEY TONG
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HISTORY A weeklong celebration of Aboriginal life and history is designed to teach the Carleton University community about the little-discussed culture, one of the organizers said yesterday.

Hundreds of students attended the opening day of Aboriginal Awareness Week, which runs through Thursday at Carleton.

The event is about "letting people see what Ab-

originality is about, and being available to follow up," Aboriginal cultural liaison officer for the Centre of Aboriginal Culture and Education Irvin Hill said. "Some people have a hard time asking questions. They want to know, but want to be respectful," he said.

The third annual event, which includes performances, demonstrations, panels and guest speeches by First Nations, Métis and Inuit presenters, isn't just targeted towards the school's population of Aboriginal students, which numbers

about 400, Hill said.

The event teaches the school population about "the culture and some of the issues that are affecting people today," Hill said.

Issues affecting Aboriginal people include substandard housing and education, Hill said.

Some of the Aboriginal students at Carleton are the first generation in their families to pursue post-secondary education, he said, which can lead to them dealing with matters that aren't in their comfort zones.

Woman injured in two-car crash

ACCIDENT A 35-year-old woman suffered injuries after a two-car collision in Gatineau yesterday morning.

At 7:15 a.m., two vehicles were travelling in the north direction in front of 1784 Lorrain Blvd., when one vehicle attempted to pass the one in front, Gatineau police Const. Isabelle Poirier said. The vehicle hit the rear of the car in front, lost control and flipped onto its roof. A female driver suffered minor injuries.

TRACEY TONG/METRO OTTAWA

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WHAT'S ONLINE TODAY

Video Rising costs and vocal protests dull optimism for Vancouver Olympics at metronews.ca/canada

Your Money Allan Small weighs the pros and cons of RRSPs versus Tax Free Savings Accounts at metronews.ca/investing



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These results are not official.

Man charged with assisting a suicide

Police in Thunder Bay, Ont., are appealing for help in locating the friends and relatives of a 38-year-old Waterloo, Ont., woman who died last week in an alleged suicide assisted by her husband. Peter Fonteece, 46, has been charged with criminal negligence causing death and assisting a suicide. **CBC NEWS ONLINE**

Canada



MacKay backs NATO drug raids

The hunt for Afghans who use drug profits to help fund the Taliban is a "legitimate exercise" for Canadian soldiers, Defence Minister Peter MacKay, left, said yesterday. But while Canada stands behind the NATO policy to target drug producers and traffickers linked to the insurgency, the country's 2,800 Kandahar-based soldiers are unlikely to take part in drug raids any time soon, MacKay said.

TORSTAR NEWS SERVICE

Cleaning up for the Games?

ANDREA WOO
for Metro Canada



With Vancouver's turn on the world stage rapidly approaching, the city is cracking down on street disorder offences — a move some believe is intended to minimize the presence of the homeless in 2010.

According to the Vancouver Police Department's 2008 annual business plan report-back, officers issued 467 tickets for violations of the Safe Streets Act last year, up from 202 in 2007.

They also issued 133 tickets for violations of the Trespass Act, up from 95 in 2007. Officers ticketed 439 people for panhandling, loitering and unlicensed street vending last year, up from 247 in 2007.

VANCOUVER 2010 Games

"It's been shown that (the Safe Streets and Trespass acts) disproportionately affect poor people," said Harsha Walia, project co-ordinator at the Downtown Eastside Women's Shelter. "For example, while jaywalking is something those acts prohibit, the only place it's enforced on a large scale is the Downtown Eastside."

David Eby, acting executive director of the B.C. Civil Liberties Association, explains that, in court, repeat offenders are typically given "no-go" orders, forbidding them from returning to the area where the offences were committed.

"It's an effort to move people out of the Down-

town Eastside, in my opinion," said Eby.

The VPD, however, says such crackdowns are simply part of a larger goal to improve liveability by combating activities that contribute to urban decay.

"What we're doing is ... increasing our visibility in the Downtown Eastside," said spokeswoman Const. Jana McGuinness. "Everything we're doing now, we'll be doing well after the Olympics as well. There's no big movement to sweep the city."

McGuinness attributes a disproportionately high number of tickets written in the Downtown Eastside to the area having a "24-7 lifestyle" and a near-constant presence of people committing violations such as jaywalking.



Two men sit by a doorway in Vancouver's Downtown Eastside yesterday. The area is Canada's poorest postal code.

Bus tickets, arrests for homeless at '96 Atlanta Games

REPORT In the lead-up to the 1996 Summer Games, Atlanta passed strict anti-loitering and panhandling laws that led to the arrests of more than 9,000 people from May 1995 to May 1996 — four times more than in preceding years, according to the New York Times.

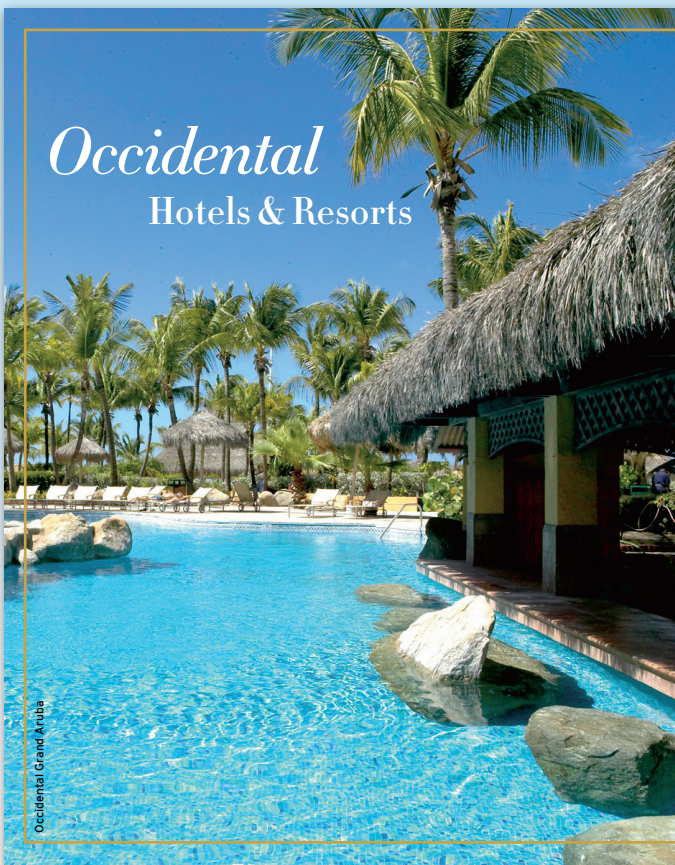
Anita Beaty, co-director of the Atlanta Task Force on the Homeless, said the arrests were often for crimes such as being in a parking lot without a car or lying down on a public park bench.

According to the Atlanta Journal-Constitution, homeless people were also given free one-way bus tickets out of the city.

ANDREA WOO/
FOR METRO CANADA

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4

Egyptian police detain blogger: Group
 Egyptian police have beaten and detained 22-year-old Egyptian blogger and activist Diaa Eddin Gad, who has expressed support for Gaza, a human rights group said. **REUTERS**

World

Stimulus on track

The U.S. Senate yesterday moved a step closer toward approving U.S. President Barack Obama's plan to jolt the U.S. economy out of recession with government spending and tax breaks, setting up a vote to pass the \$838-billion US emergency package today.

After a week of contentious debate, senators reached a deal to pare down the stimulus bill by about \$100 billion and voted 61-36, with minimal Re-

On the road

As the bill advanced in the Senate, U.S. President Barack Obama hit the road, appearing at a town hall meeting in Elkhart, Ind., a town hit with a 15.3 per cent unemployment rate, ahead of a prime-time news conference to push his call for urgent action.

publican support, to hold a final ballot today.

If the measure passes as expected, the Senate and House will enter final negotiations on a compromise bill, with Obama arbitrating disputes. The cost of the House bill was priced at \$819 billion.

Republicans say some spending in the bill would not boost the economy. But Democrats, who control Congress and the White House, argued that a mix of tax cuts and spending were urgently needed. **REUTERS**

China denies human rights violations

CRITICISM China yesterday defended its human rights record, rejecting suggestions from Western countries that it uses torture, jails dissidents and allows child labour and insisting its policies are guided by the rule of law.

It told the UN Human Rights Council that allegations it oppressed ethnic groups in Tibet and other parts of the country were political propaganda aimed at denigrating China's achievements.

The discussion came amid a newly launched process called the Universal Periodic Review, under which all members of the United Nations are expected to submit themselves every four years to scrutiny of their human rights record. **REUTERS**

Beijing Festival fire



A crowd watch as the building that housed the soon-to-be-opened Mandarin Oriental hotel burns after it caught on fire in Beijing yesterday. Fire consumed a building that formed part of Central China Television's new headquarters, as fireworks flew to celebrate the Lantern Festival yesterday evening.

'Everybody's gone' Fire deaths in Australia hit 173

FIRE Weary firefighters and rescuers pulled the remains of dozens of people from charred buildings yesterday as the toll from Australia's deadliest bushfires rose to 173, police said.

"Everybody's gone. Everybody's gone. Everybody. Their houses are gone. They're all dead in the houses there. Everybody's dead," cried survivor Christopher Harvey as he walked through the town of Kinglake, where most people were killed.

Police believe some of the fires, which razed rural towns near the country's second biggest city, Melbourne, were deliberately lit and declared the devastated town of Marysville a crime scene.

Political effects

The bushfires, a natural annual event in Australia, will put pressure on the government to deliver a broad climate change policy as green politicians cite the extreme weather as reason to back a tougher policy.

In Canberra, lawmakers suspended parliament for the day after expressing condolences to the victims.

"It is the beauty and the wonder of our country," National Party Leader Warren Truss said. "It can also be harsh and cruel. How can these idyllic landscapes also become killing fields?" **REUTERS**

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Comment

New course, new times

NationalReport

Lawrence
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Before we start banging ourselves on the head over the great economic sag, one fact is worth remembering. This isn't our doing.

The recession that pummeled us in the early 1990s was, in good part, made in Canada. It was spurred by deficits, debts, high inflation and ulcerous interest rates. The recession of the early 1980s also was home-grown to a good degree.

But today's adversity was brought on chiefly by American debt and deregulation. We had neither problem. Paul Martin wisely

did not deregulate the banking system like they did south of the border. And our debts and deficits were under control. We can't blame our plight on the politically obsessed

Stephen Harper government, either. Its economic management — witness last fall's shenanigans — has hardly been sterling, but this recession would have hit no matter what it did over the last three years.

So, while we love to blame our politicians for everything, this is not the time. Rather than going on any guilt trips, the country should follow the lead as recommended in a report last week on the Ontario economy by Roger Martin and Richard Florida.

Stimulus schemes and handouts, they say, may be necessary to prop up the old economy. "As in all times of economic crisis, there is considerable pressure on governments to protect the past and undertake bailouts."

That said, "There is a better way."

Our leaders, they suggest, need to capitalize on the current plight to drive home the need to move off the old industrial economy. Start making the big moves to an idea-driven, creative economy based not on goods, but on services. Put the stress on the development of knowledge workers, on research and development, on innovation.

That's at home. Abroad, which was not a focus of the report, there has to be a

lessening of our dependence, for obvious reasons, on the United States. The Harper government is finally starting to do that with Trade Minister Stockwell Day pursuing new trade agreements on other continents.

A creative economy doesn't rely on outmoded strategies at home and abroad. It requires leaders of foresight. If not Stephen Harper, the Creative Society is a vision, you would think, that might perfectly suit brainy new Liberal Leader Michael Ignatieff. It moves beyond political gamesmanship and last-century methods. It charts a new course for the new times.

Today's made-out-of-Canada recession should serve as a catalyst to bring it on.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

"Start making the big moves to an idea-driven, creative economy based not on goods, but on services."

Views

Fashion can cheer up gloomy moods



Lisa
Tant

Fashion & Beauty Expert

Imagine a world without music, art or fashion.

You'd wake up in your sensible white-walled home and dress in your functional daily navy uniform before heading out to a structured nine-to-five office. Think of how sombre and depressing your mood would be to match. That's all I can visualize when asked what place fashion has in a world littered with pink slips and shrinking stock portfolios.

There's no doubt that our perception of fashion is changing. A status symbol for the past decade, "it" bags — a must-have \$1,000-plus design touted by celebs and their wannabes — are now yesterday's news. Head-to-toe designer labels

are considered gauche, and bling is now more quaint than fierce. Yet, just because we're dialling down our showy love for high-profile, high-status fashion, that doesn't mean our passion for style has gone the way of Uggs and track suits.

Fashion has always been a defining sign of self-expression and that's not about to change. What will change is what and how we buy. Trying times bring out the best in our creativity, imagination and innovation — and that magical equation cannot be de-

fined by a label or price tag.

A perfect example is how mall stores, including H&M and Gap, have been collaborating on wallet-friendly collections with high-profile designers from Rei Kawakubo of Comme des Garçons to Thakoon. In April, H&M will be launching a limited edition line with British designer Matthew Williamson. The payoff is mutually beneficial — Williamson, a little known name in North America, is introduced to masses of potential new fans, while H&M gets the cachet of a major insider name.

The biggest mistake a retailer could make in tough times is to stock its shelves with safe

classics in predictable colours. Who really needs another white shirt or black pencil skirt? If we're going to loosen our pinched-tight purse strings it will be to splurge on mood-boosting colour, pattern or decorative accessories.

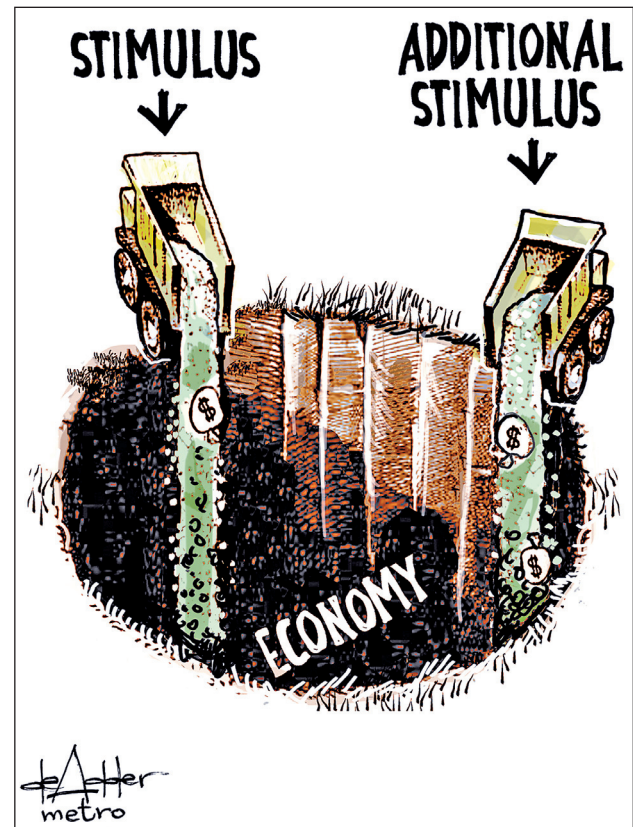
Notice how Michelle Obama chose change-inspiring yellow — a sunny silk brocade topper and dress by Isabel Toledo — at her husband's inauguration. Likewise, cheerful optimism shapes the madcap fashion in February's Confessions of a Shopaholic, the unlikely story of a fashion-crazed shopper turned financial adviser.

Every savvy shopper knows that a little creative retail therapy always does the heart good.

Lisa Tant is editor-in-chief of FLARE Magazine and former executive editor of Chatelaine Magazine.



Michelle Obama



MICHAEL DE ADLER

Letters

Why do religion and politics have a place in public ads?

Re: Atheist ads promote debate, understanding (Feb. 5)

In a time when people are losing their jobs, their homes and still have bills to pay, are these skeptics' bus ads really productive and necessary for the public to read?

What is the basis of promoting such ads? Is it to provoke others, to communicate a message or just to make trouble? Are these messages really positive?

From what I have learned, words like "no," "not" and "don't" create a negative vibe in the heart, especially in times when people want hope for a better future.

In advertising, free speech does have limitations and a sense of responsibility. People just can't write whatever they like without public reaction and consequence, whether the ad is a public service or promoting a product or service.

I feel the money spent by skeptics to place ads is not spent constructively and is unnecessary when that money could have been better spent for charities, homeless shelters or to-

wards a fallen economy.

Why do religion and politics have a place in any type of public advertising? These things could be left out entirely.

This is nonsense because we will never find a common understanding on these subjects.

LAURA GOMEZ, BRAMPTON, ONT.

Atheist ads won't promote understanding

Re: Atheist ads promote debate, understanding (Feb. 5)

"I can't see how they can be denied the right to advertise."

I can, and not just because it is extremely offensive to the majority of us who do believe in a God. Transit is for public use, so why are we going to put our beliefs and values there?

I don't see Muslims, Jews, Christians or Hindus advertising their beliefs on buses. Whatever happened to advertising gum or shampoo or something? This doesn't promote understanding, it brings into question Canada's values as a whole.

What's next? Putting up neo-Nazi signs in public washrooms?

NADIA RAMADAN, CALGARY

It's your turn to tell others what you think. E-mail your thoughts and opinions to: ottawalatters@metronews.ca

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

Disney, DreamWorks enter long-term distribution deal

Walt Disney Studios yesterday confirmed it has entered a long-term film distribution agreement with DreamWorks Studios principals Steven Spielberg and Stacey Snider. Disney said in a statement that it will distribute and market about six live-action films per year for DreamWorks. **REUTERS**

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Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

DOLLAR		
		
	C\$	82.21¢ US
	US\$	\$1.2164
	0.61¢	

OIL	
	\$39.56 US
	61¢

Loonie to return to parity: Expert

Canada's currency will return to par with its U.S. counterpart in as little as six months as commodity prices rebound, pessimism peaks and the nation's political turmoil abates, according to economist Dennis Gartman.

"I have the sense that this might be a move back towards par and beyond," said Gartman, the editor of the

"I have the sense that this might be a move back towards par and beyond."

Dennis Gartman, economist

Gartman Letter, who correctly predicted the currency's most recent run to parity in 2007.

The Canadian dollar reached equal value to the U.S. dollar in September 2007 for the first time in

three decades as prices soared for commodities such as crude oil, which account for about half the country's export revenue. It fell 18 per cent last year as a global recession curbed demand for the same com-

modities. The currency is down 1.6 per cent this year.

Gartman's call on the loonie is at odds with the forecast of 44 economists surveyed by Bloomberg News. On average, they see the currency weakening to \$1.25 Cdn against the U.S. greenback by the end of June before rising to \$1.20 by the year's end.

TORSTAR NEWS SERVICE

Personal bankruptcies up 50%

FINANCE Personal bankruptcy filings in Canada rose more than 50 per cent in December from the same month of 2007, according to data released yesterday, a trend that parallels a jump in unemployment and debt as the economy slides into recession.

Figures released by the Office of the Superintendent

of Bankruptcy Canada also showed that bankruptcies filed by businesses increased by just 2.4 per cent over the same period.

Total bankruptcies last year rose 12.3 per cent over 2007, an increase driven by personal insolvencies as business bankruptcies dropped two per cent year over year. **REUTERS**

Business in brief

MINING Xstrata Nickel, a cornerstone of Sudbury's workforce, axed 686 jobs yesterday as it closes down two old mines in the midst of plummeting nickel prices and evaporating demand.

TORSTAR NEWS SERVICE

MADOFF Accused Wall Street swindler Bernard Madoff has agreed to a partial judgment in

the civil case brought by the U.S. Securities and Exchange Commission without admitting or denying fraud charges, the regulator said yesterday.

AUTOS Nissan Motor Co. has said it will cut 20,000 jobs and joined a growing list of automakers warning of red ink this year.

REUTERS

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Interest rates/Savings accounts
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Note: Please check bank websites as some rates require a minimum account balance.

Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA



Cashing out a loss

Q In January, I decided to liquidate most of my RRSP and non-RRSP stock portfolio. After crunching the numbers, total gains minus losses left about a \$20,000 loss. All my RRSP proceeds were taken out. How much of these amounts can I deduct when preparing my tax return in March? — Kim

A In these uncertain times, it is not unreasonable for individuals to cash out of the stock market.

These are scary days, even for professionals. Many financial advisers insist, "Don't cash out if you are in for the long term!" However, if it brings peace of mind, then you must do what you must do.

Any transaction executed after December 2008 (aside from any RRSP contributions to March 2, 2009 or superficial losses) are reported on your 2009 tax filing.

Therefore, withdrawals, sales, taxable income or losses will not affect 2008 tax returns. For 2009, you will have to determine what and how much income to report:

MoneyMatters

Henry Choo Chong

choochonghcg@yahoo.ca

- Separate RRSP dispositions from non-RRSP transactions.
- All RRSP dispositions will have no immediate tax consequences, as they are tax sheltered.
- All RRSP withdrawals will be fully taxable for that year. The financial institution will provide a T-4RSP slip on or before Feb. 28, 2010.
- Calculate and offset capital gains against capital losses for non-RRSP dispositions. The net amount must be reported on 2009 tax return.
- Taxes are paid on 50 per cent of capital gains, while excess capital losses can be applied to reduce capital gains in prior three years or carried forward in subsequent years.

(If cashing out of the market) brings peace of mind, then you must do what you must do.

Your tax adviser/accountant should provide some advice in these matters, not just tax preparation.

Reach Henry Choo Chong, CGA, at choochonghcg@yahoo.ca.

Love for much less

SmartCookies



Each February, millions of men around the planet agonize over the details of extravagant dates, in hopes of getting lucky in the love department.

But this year, if layoffs, market crashes and general financial uncertainty don't get you in the mood, we completely understand. So whether it's your first date, a blossoming romance or your longtime love, here are some suggestions for dates that are completely free and will help remind you what's really important:

FIRST DATE
Must love dogs

Take the edge off a first date by walking a dog together. Don't have a four-legged friend? Borrow one from a friend, or even better, visit your local animal shelter and volunteer to walk a hard-up pup together. It's guaranteed that conversation will flow more easily and, if need be, the puppy will offer a fun little distraction.

Reality romance

You're paying for cable so why not use it? Plan an evening in and watch the current "it" reality show. To



Take the edge off a first date by walking a dog together. It's guaranteed that conversation will flow easier and, if need be, the puppy will offer a fun distraction.

really get into the Valentine's mood we suggest The Bachelor (guys, don't knock it till you try it). Why not place a bet on who doesn't get the rose? Loser owes the winner a back rub.

DATING
Cheese please

Get onto your favourite specialty store's online newsletter list to receive

Valentine's Day

notice of free events and discounts. Free wine plus free cheese equals great date!

Free tours

Check out a free factory tour. Free tours are offered at a variety of fascinating places. They can be specific to your interests, provide lots of opportunity for conversation and even free samples. We recommend checking out a brewery and then splitting a pitcher of beer after.

LONG-TERM/MARRIED
House hunter

Plan a driving tour of your favourite neighbourhood, checking out show homes and open houses. Not only with you be able to pick up some great decorating tips but it will also get you on the same page in terms of saving for the future for that dream home. Plus, sometimes it's fun to find out how other people live!

Heart art

Get cultured and check out art galleries and museums. Check to see if they have a "by donation" night so you can save money on admission. Some galleries even offer memberships, whereby you can pay an annual fee and go as often as

Now more than ever, we're realizing that what's really important is not what we spend our money on but how we spend our time.

you like.

BOTTOM LINE

Now more than ever, we're realizing that what's really important is not what we spend our money on but how we spend our time. So put your wallet away and cuddle up close this Valentine's Day!

For more suggestions on dating for less and for other Smart Cookie tips, tune in to Smart Cookies on the W Network, Mondays at 10:30 p.m. Have questions or comments for the Smart Cookies? Email smartcookies@metronews.ca.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing
Allan Small

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Scolari canned

Luiz Felipe Scolari was fired as Chelsea manager yesterday, after just seven months on the job for the English soccer power. Chelsea has dropped 16 points at home this season and currently sits seven points behind Manchester United. **METRO NEWS SERVICES**

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Sports

EDITOR: JOHN CHICK, JOHN.CHICK@METRONEWS.CA



No chicken with his ribs?

The Pittsburgh Steelers said that they were unaware Ben Roethlisberger played the Super Bowl with two broken ribs, as the quarterback told Sports Illustrated yesterday. Roethlisberger said he knew something was wrong during the week before the game, that he played through the pain and that the injury was only detected in an MRI he had last week.

METRO NEWS SERVICES

Rodriguez: 'I'm guilty' Bye-bye Becks

New York Yankees slugger Alex Rodriguez admitted yesterday he had tested positive for performance-enhancing drugs in 2003.

"I did take a banned substance. For that I'm very sorry and deeply regretful," Rodriguez told ESPN in response to a report in Sports Illustrated that he had been one of 104 players who had tested positive that year.

Although there were no penalties for a positive test in 2003, confidential testing was conducted by Major League Baseball in agreement with the players' union to determine if random testing should be introduced in the following year.

Sports Illustrated said the Yankee third baseman had tested positive for a steroid and the male sex hormone testosterone.

Rodriguez, 33, baseball's highest paid player and one year into a 10-year \$275-million contract with the Yankees, said he had cheated during his three seasons with the Texas Rangers



Alex Rodriguez admitted to using performance-enhancing drugs during an ESPN interview yesterday.

Obama reacts

U.S. president Barack Obama said last night that Rodriguez's admission was "depressing news on top of what has been a flurry of depressing" developments.

starting in 2001, but not since.

"When I arrived in Texas in 2001 I felt an enormous amount of pressure. I felt like I had all the weight of the world on top of me to perform and perform at a high level every day.

"Back then it was a different culture. It was very loose. I was young, I was stupid, I was naive," he said.

"And I wanted to prove to everyone that I was worth being one of the greatest players of all time.

"Although it was part of the culture back then ... I'm sorry for that time. I'm sorry for my fans," Rodriguez said, his eyes watering.

"It wasn't until then that I ever thought about a substance of any kind and since then I've proven to myself and to everyone that I don't need any of that."

"It was such a loosey-goosey era."

Alex Rodriguez on Baseball's steroid era

Rodriguez, the youngest player to hit 500 home runs and who with a total of 553 is on course to overtake Bond's record of 762, said he did not even know the name of the drugs he was taking.

"It was such a loosey-goosey era, that I'm guilty for a lot of things. I'm guilty for being negligent, naive, not asking all the right questions," he said.

"To be quite honest, I don't know exactly what substance I was guilty of using."

After the release of MLB's Mitchell Report in 2007 which found there had been widespread doping abuse in baseball, but did not name Rodriguez, the Yankee slugger was interviewed on the 60 Minutes TV news show and denied any involvement. **REUTERS**

David Beckham's announcement of his desire to leave Major League Soccer (MLS) will leave this fringe league broken, barren and boring.

Or, at least, that's what some with little understanding of the game are suggesting.

There is no denying that Golden Balls, as he is affectionately referred to in the British press, has certainly rubbed off on the MLS.

Going back to 2007, when he joined the league, it was the right decision. Here was a guy who could transcend sport and put non-soccer loving fans into the seats. In markets where soccer has to compete with baseball, hockey, basketball and football for TV time and fan dollars the game was always going to be a hard sell — but, at first, it worked.

Beckham's Galaxy recorded league-high home and away attendances in 2007 and 2008. His jersey outsold the likes of Kobe Bryant, Peyton Manning and Derek Jeter in 2007. And perhaps the most telling stat: when Toronto FC joined the league (the same year as Beckham) they paid a \$10 million expansion fee. Teams, like Vancouver and Miami, who are applying today for expansion, are looking at \$40 million in fees.

Still, despite all that, now



is the right time for the two to part ways.

The Beckham experiment was only ever going to be successful if the fans that he attracted would stick around after he left — declines in overall league attendance and TV ratings in 2008 from 2007 show that they weren't. In fact, the number of viewers in 2008 on ESPN dropped below pre-Beckham levels and seven of the 14 MLS teams recorded a drop in attendance — suggesting all the mania surrounding the star may have even alienated some of the MLS fan base.

As it stands now, the \$2.3-million salary cap the MLS imposes is prohibitively restrictive. Having a player like Beckham on your squad, earning the pay he does, ultimately affects the product on the field.

If the MLS would increase the salary cap to \$5 million and focus less on attracting big name fads, teams could re-invest in the talent that was been born, raised and developed in their cities and sell a product that fans would actually have a connection to.

Sports in brief

NHL The Tampa Bay Lightning announced yesterday that goaltender Mike Smith is suffering from post-concussion syndrome, but is expected to return to action within the next week. Smith hasn't played since

a 6-1 home loss to the Philadelphia Flyers on Jan. 30.

NHL Los Angeles Kings goaltender Jonathan Quick, Detroit Red Wings forward Marian Hossa and Washington Capitals

defenceman Mike Green have been selected as the NHL's Three Stars for the week ending Feb. 8.

NBA Hornets forward David West was suspended one game without pay by the NBA due to a

flagrant foul he committed in Sunday's 101-97 victory over Minnesota. West tomahawked Timberwolves guard Mike Miller on the head on an attempted drive to the hoop.

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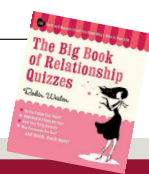
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Just in time for Valentine's Day, Robin Westen releases *The Big Book of Relationship Quizzes*, \$12.95. The 100 tests and quizzes can reveal how you relate to lovers, friends, family, neighbors and colleagues. Available at chapters.ca or Amazon.ca. **METRO NEWS SERVICE**

Health & Beauty

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Love on the big screen

Rom-coms can create unrealistic expectations in relationships

The J Spot

Josey Vogels

Sex talk with Josey

Psychologists studied students watching 40 top box office hits like *You've Got Mail*, *Serendipity* and *While You Were Sleeping* and found that they were more likely to believe in fate, destiny and predetermined love.

What? Watching romantic comedies sets up unrealistic expectations when it comes to love? Not exactly

shocking, I know, but still worth reminding ourselves of at this time of year, when Valentine's Day sets up higher than usual expectations in the romance department. We hardly need movies adding to the pressure.

While, according to the study, romantic comedies would have us believe that if someone is meant to be with you, they should know what you want without you having to tell them, I would hardly stop there. According to my own informal observations, romantic comedies would also have us believe:

- The more you hate someone, the more different the two you are, the more your family hates your date — basically, the more you

Valentine's Day

have going against you when you meet — the greater the chance you'll end up together.

- Your partner ultimately knows what to do or say at precisely the right moment.

- Your partner is always in the mood for sex when you are.

- Great sex just happens without planning or communication and no one ever gets a leg cramp ... or passes wind.

- Even if you look like Jack Nicholson, you can date someone less than half your age.

- Relationship problems can be resolved within two

hours after which we'll all live happily ever after.

Most of us know these movies are unrealistic and we wouldn't want it any other way.

Romantic comedies are meant as an escape from reality, an opportunity to bask in a world of happily ever after where love conquers all. But when it's 4 a.m., the baby's awake and crying, you haven't slept in three days and the house is a mess, love may feel a little overwhelmed by the task of conquering all.

And I know that "Communication Conquers All" isn't quite as romantic sounding, but it's a more realistic place to start. Combine that with regular tolerance, kindness, understanding and some good old fashioned "grinning and bearing it" and you at least stand a chance at



According to a new study, watching popular romantic comedies like *Serendipity* (pictured) will likely have you believing in fate.

putting a dent in, if not completely conquering, most of what comes at the two of you.

In fact, for one tired mom friend of mine, her idea of romance is having her husband get up and change a poopy diaper at 3 a.m. ... for

the fourth night in a row. Hardly the stuff of movie romance but for her right now, a gesture much more meaningful than flowers or candy.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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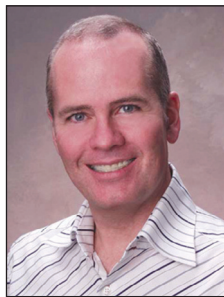
CAN'T GET RID OF THAT HEADACHE? YOUR BARK MAY BE CAUSED BY YOUR BITE

No matter who you are and how healthy you are, we all experience headaches from time to time. It is estimated that **80% of all headaches are caused by muscle tension**. More and more, we are learning that many tension headaches can be attributed to your bite.

The fact is that the muscles of the jaw work harder than many people realize. Aside from having to help hold the head upright, jaw muscles work hard to keep things stable every time you do something as simple as swallow...and that is something we do over 2,000 times a day!

If your bite is misaligned, unstable or even if you are missing just one tooth, the simple act of swallowing can put added stress and tension on the muscles of your jaw. The reason is that your jaw will be out of balance. This causes some muscles to work harder to compensate for those that may not be doing their job. Muscles that are forced to work harder are under greater tension and that can lead to increased headaches.

Many people may not be aware that



Dr. George Perry
Dental Surgeon

their headaches can be related to their bite. They may take pain pills that relieve the symptoms, but do nothing to cure the problem. In fact, without a trip to the dentist, the problem could go undiagnosed.

Your dentist, however, can identify problems with your bite. More importantly, your dentist may be able to provide a cure.

That cure could be a small, simple looking piece of plastic in the form of either a **Night Guard** or a **bite splint**. The night guard can reduce tension by alleviating the tendency some people have to grind their teeth while

they sleep. A professionally fitted bite splint can help readjust the alignment of your bite. Speak to your dentist to determine which option is better for you.

The important point is that either of these treatment options can help reduce muscle tension while sleeping. By bringing the jaw back into its natural range of motion, the muscles of the jaw are allowed to relax. Relaxed muscles do not create tension...and less tension means fewer headaches.

So if you find yourself suffering from headaches that do not seem to go away, mention it to your dentist. S/he can conduct an analysis of your bite and determine if a bite splint or night guard might be right for you. Doing so would be a much better option than simply taking more medication you may not really need...because getting rid of your headaches without medication is a healthy habit...and healthy habits lead to healthy lives.

Dr. George Perry
- Dental Surgeon

Love is good for the heart

CELEBRATE VALENTINE'S DAY: Showing your loved one how you feel can be good for your health.

It seems nothing gives the heart muscle a workout quite like love. Studies have shown that women in a happy marriage are much less likely to have risk factors associated with heart disease than their lovelorn friends.

Sex, we know, is good

for the heart, too: Men who have sex two or more times a week cut their risk of cardiac arrest in half.

Even kissing and hugging have health perks: Kissing increases saliva production, which reduces the bacteria that cause gum disease (a proven contributor to heart disease); hugging stimulates the release of the bonding hormone oxytocin, and



Women in a happy marriage are less likely to have heart disease risks, say studies.

lowers blood pressure. Need any more excuses?

BEST HEALTH MAGAZINE

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Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on March 10.

Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

A piece of Cake

Starting her own business worth it: Reier

RAFAEL BRUSILOV
for Metro Canada

Heather Reier believes you should indulge your beautiful side like you would savour a decadent piece of cake.

Seven years ago, the 34-year-old president and founder of Cake Beauty Inc. took her love for beauty products and built a successful brand noted today for its high quality and fresh style.

Reier previously managed a hair salon and later worked at the head office of Roots Canada, all the while nurturing her own entrepreneurial spirit. She started Cake Beauty once she realized she could offer something new to the beauty product market by combining the effectiveness of farmer's-market-style beauty products with high-quality ingredients and a fun, sassy attitude.

"The difference between people who are successful and those who aren't is resilience."

Heather Reier

Reier knew from an early age she was destined to be an entrepreneur.

"I've always been driven, even as a teenager. I knew I had it in me before I took the plunge with Cake Beauty," the Kitchen-Waterloo native said.

She started out by turning her kitchen into a mad scientist's lab full of beakers, bottles and blenders, teaching herself how to create emulsions and mix creams from scratch. The business grew quickly, doubling every year for the first few years and forcing Reier to learn a crucial lesson: Delegate.

"To be able to step back and let go of certain details — that was a challenge. I'm very hands-on, I

want to be close to every detail," Reier said.

Like many successful entrepreneurs, passion has always been Reier's driving force.

"I've always had a lot of passion for what I've done. If you have the passion, the money will follow, I really believe that," Reier said.

The ability to pick herself up and keep going after the failures and setbacks any small business is bound to encounter is another of Reier's strongest qualities, proving to her that perseverance is something any entrepreneur should embrace.

"I really believe the difference between people who are successful and those who aren't is re-



Do your research before starting your own business, says Heather Reier, president and founder of Cake Beauty.

silience. If you don't have resilience, you're never going to make it," Reier said.

While today's market is a challenging environment to start a business in, Reier says the time is always right to plan a

blueprint for your future.

"It's a great time to get a business plan and ideas together. Do your research and get the wheels moving now. However much time and money you think it's going to take, double it," she said.

Peer support a benefit of campus fitness

RAFAEL BRUSILOV
for Metro Canada

Higher education is great for exercising your brain but don't forget to work out your body, too.

Fitness and recreation programs, often found in abundance at any university or college campus, can offer a fun and effective way to stay healthy and keep your energy levels up in the classroom.

"Fitness definitely translates into the academic setting. You'll be more aware, more awake and more alert," said Jill Cressy, an assistant program manager who oversees fitness, dance and martial arts classes at the University of Toronto.

Dr. Tish Doyle-Baker, an associate professor at the University of Calgary who researches health issues, says one overlooked benefit of joining fitness and recreation programs is the shared support they provide.

"Exercise really promotes a social support system — other people are there and they offer encouragement and you offer encouragement back," Dr. Doyle-Baker said.

Whether it's joining a volleyball intramural team, a morning job club or taking yoga classes, Dr. Doyle-Baker suggests making use of all the fitness resources your campus has to offer in a way that excites you.

"Get out there and do something you really like," she said.

Demand for trained dog groomers on the rise

TRACEY TONG
tracy.tong@metronews.ca

Tracey McRae grew up with dogs.

As a child, she helped her mother, a dog breeder, with grooming duties.

"I've also worked in a vet hospital and had a lot of experience grooming and showing," the Ottawa resident and dog owner said. "A large portion of my history is based around dogs."

But it wasn't until last fall that McRae discovered she had a passion for dog grooming.

She took the 24-hour Dog Grooming as a Career course at Algonquin Col-

lege, learning about basic brushing, bathing, finish scissoring, and how to work with dogs of all breeds and ages.

The proper technique "makes a huge difference to the dog," said McRae.

Dog Grooming as a Career is for anyone who wants to learn about the basics of pets and grooming, said Shannon Brownrigg, who co-ordinates the program at Algonquin College and, along with certified master groomer Lisa Day, developed the program.

The program gives them a taste of whether grooming is for them, said Brownrigg, a registered veterinary technician.

"The pet industry ... is growing tremendously, even through economic challenges."

Shannon Brownrigg

Grooming is a physically demanding job, she said.

"There's a lot of standing and lifting," she said. "It gives them a taste of what grooming is like before the big commitment."

It makes sense, then, that the course is a prerequisite for the college's Groomer Assistant Program, which launches in May.

The 287-hour program, which includes 100 placement hours, will give students a Groomer Assistant certificate — and the ability to walk onto a grooming team with enough knowledge to be a bather and brusher, said Brownrigg.

There is a huge demand for skilled groomers across the province, said Brownrigg.

"The popularity and increase of pets in the home increases the need for grooming," she said. "The pet industry has grown in the last 10 years — it's growing tremendously,

even through economic challenges."

Graduates find work in chain grooming facilities and smaller grooming salons, with breeders, doggie daycares and spas and even shelters, Brownrigg said.

McRae said she would recommend the introductory course to people who want to work with their own dogs or are considering grooming as a career.

She's now hoping to be accepted into the groomer assistant program.

"I'm exploring the possibilities and enjoying myself," she said. "It's a hobby for now, but who knows where life is going to take you."



Algonquin College offers a Dog Grooming as a Career course.

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Entertainment

Studio guest

Sex and the City star Sarah Jessica Parker will be the first guest on the new season of *Inside the Actors Studio*. The first episode airs Sunday on Bravo. **METRO NEWS SERVICES**

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

Button tops overseas box office

MOVIES With 13 Oscar nominations and three BAFTA wins, *The Curious Case of Benjamin Button* stepped out as the No. 1 film on the international circuit during the weekend, garnering an estimated \$31 million US

from 5,126 screens in 47 markets.

The David Fincher-directed film hit its stride overseas with No. 1 debuts in Spain and Paris and a No. 2 bow in Japan.

Notable was Button's No.

1 opening in the U.K., where the film earned \$3.2 million in three days. Button is the best overseas grosser of this season's best-film Oscar prospects, collecting \$72.5 million so far internationally. **REUTERS**

JOSH BROLIN

W.

"Josh Brolin is truly electrifying!"
-Peter Travers, *Rolling Stone*

★★★★★! Fascinating!"
-Roger Ebert, *Chicago Sun-Times*

"This film is extraordinary. In terms of a portrait of a man who became President, it is arguably the best film made."
-Harry Knowles, *Ain't It Cool News*

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PHOTO COURTESY SIX SHOOTER RECORDS

Echoes, the latest album from singer-songwriter Jenn Grant, was released in stores last week.

Suitcase success

Jenn Grant album follows year of steady touring

BRYAN BORZYKOWSKI
for Metro Canada

If an artist needs a sign that they're succeeding in the music biz, living out of a suitcase at their mom's place is as good an indication as any.

While Halifax songstress Jenn Grant would rather be holed up in her own apartment — she's currently searching for new digs — finding shelter at her parents' house was her only option after a year of steady touring.

"I need to find an apartment for tomorrow," says Grant. "I was on the road and didn't find a place to live, but I'm getting tired of my suitcase."

While she'd adamant about renting a new home, now's probably the worst time to move. Her new album — the delicate, guitar-driven folk rock *Echoes* —

is sure to impress her fans enough that they'll want to see her as much as possible in 2009.

And when she does hit the road, don't expect any rock star shenanigans from this soft spoken chanteuse. "I enjoy a few drinks, but I have to keep it normal," she says. "This is work. If you want touring to be your life you can't become an alcoholic."

She's also an avid yoga buff, working out every day, including when she's on tour. "When you sing you have to keep yourself strong in the stomach," she explains. "It's awkward to exercise with other people in a hotel room, so I often find myself in stairwells."

Her focused work ethic is one reason Grant has done so well for herself, despite jumping onto Canada's music scene in 2006. Her debut full-length, *Orchestra for the Moon*, hasn't just won

praise from music critics — she also took home CBC's Galaxie Rising Star award last year.

Although *Echoes* sounds similar to her last disc, it's much less Feist-y and a little more lo-fi than *Orchestra*. Part of that has to do with where and how she recorded it. The East Coast songwriter spent about three weeks at an isolated Ontario farm, and recorded all her songs live, meaning everyone played together rather than one instrument at a time.

However, working that way meant Grant was singing over and over again, until every instrument was perfect. It was too much for her vocal chords to handle. "I had to take a week off in the middle because my voice got so tired from singing eight hours a day," she says. "So I went to the ocean in P.E.I. and didn't talk for several days."

NIGHTS IN RODANTHE

RICHARD GERE DIANE LANE

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- Rex Reed, *THE NEW YORK OBSERVER*

**OWN IT FEBRUARY 10
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Guy Ritchie is committed to staying close to his kids after his divorce from Madonna. So committed, in fact, that he's reportedly moving to New York City, where Madonna and children have taken up residence. **METRO NEWS SERVICES**

Celebrity Buzz

Posh gets an early V-Day

ROMANCE David Beckham flew into London for 24 hours to give wife Victoria an early Valentine's Day treat, femalefirst.co.uk reports. The soccer star travelled from Milan on Saturday night, booked a room at exclusive hotel Claridges and showered Posh with expensive flowers and chocolates. Earlier that night Victoria had been spotted dining alone at Locanda Locatelli restaurant. A source said: "It was the only chance they had to meet up in their hectic schedules." David, 33, then jetted off late Sunday to meet up with the England soccer squad in Spain. **METRO NEWS SERVICES**

Affleck still hoping for a son

FAMILY Ben Affleck wants to have a son, femalefirst.co.uk reports. The actor — whose wife Jennifer Garner gave birth to second daughter Seraphina Rose last month — is keen to keep expanding his brood until they have a boy. A source close to Ben — who also has three-year-old daughter Violet with Jennifer — said: "Ben's happy to keep going until he gets his boy. "He has visions of dressing a little guy in Boston Red Sox gear, tossing a baseball around and cheering in the stands together." **METRO NEWS SERVICES**

Is Jessica Simpson preggers?

RUMOURS The real reason for Jessica Simpson's recent weight gain may just be that she has a bun in the oven. "She hasn't been packing on the pounds because she's overeating," a source tells the Daily Mail. "The big rumour from her inner circle is that a baby could be the reason she's carrying some added weight." Simpson is dating Dallas Cowboys quarterback Tony Romo. "Those closest to them almost certainly know the truth but they will have been sworn to secrecy." **METRO NEWS SERVICES**

Kate's been visiting Owen

ROMANCE Kate Hudson has sparked romance rumours after visiting Owen Wilson "religiously," femalefirst.co.uk reports. Hudson, who has dated the actor on and off since 2006, has been spotted at Wilson's Malibu home several times in the past two weeks. A source told x17 Online: "Kate has been coming to the house religiously. She is here at least a couple times a week and she has been sunbathing in the backyard, hanging out by the swimming pool." **METRO NEWS SERVICES**

Further charges could follow in Brown arrest

ATTACK Singer Chris Brown was arrested and charged with making criminal threats Sunday in Los Angeles for an early morning attack on an unidentified woman widely thought to be his girlfriend, pop star Rihanna.

Los Angeles police would not confirm the name of the victim, but both Brown and Rihanna missed their performances at Sunday's Grammy Awards, and several media outlets speculated that Rihanna was the unidentified woman.

Brown, 19, was scheduled to perform his love song Forever at the music awards ceremony in Los Angeles Sunday evening, and Rihanna was set to sing her hit single Disturbia.

Neither Rihanna, who was nominated in three categories, nor Brown, who was nominated twice, walked the red carpet, and they were not in attendance for the awards ceremony. Their representatives could not be reached for comment.

As the show was getting underway, Brown turned himself in for questioning by police. Later, he was booked on a charge of making criminal threats and released on \$50,000 US bail, according to a Los

Angeles Police Department statement.

Brown was being investigated for alleged domestic violence felony battery, and additional charges could be filed after officials review the case, the LAPD said in its statement.

Rihanna cancelled her performance shortly before the Grammys started, the National Academy of Recording Arts and Sciences said. "We have just been informed that Rihanna will not be attending tonight's 51st Annual Grammy Awards. We're sorry she is unable to join us." There was no further explanation for her absence.

Soul legend Al Green performed alongside pop star Justin Timberlake in Rihanna's place.

Grammy officials made no mention of Brown's performance but he did not appear on stage as scheduled.

Police said Brown got into an argument with an unidentified woman while sitting in a parked car in the city's Hancock Park neighbourhood at around 12:30 a.m. Sunday.

"After stopping his car, Brown and the woman got out and the argument escalated," the police said. "The woman suffered visible injuries and identified Brown as her attacker."

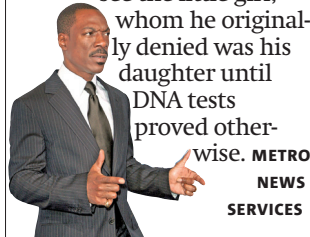
Police received a 911 call reporting the disturbance and according to the statement, when officers arrived they found the victim, but Brown had already left the scene.

Brown, who broke onto the Billboard charts at the age of 16 with his hit single Run It and sold two million copies of his self-titled debut album, also

scored a pair of hits on his sophomore effort, Exclusive, in 2007. **REUTERS**

Murphy and Scary end support battle

FAMILY Eddie Murphy's child support battle with Melanie (Scary Spice) Brown has come to an end, with Murphy now required to pay \$50,000 US a month for 22-month-old Angel Iris until the girl is 18, according to the Telegraph. Murphy also agreed to finally see the little girl, whom he originally denied was his daughter until DNA tests proved otherwise. **METRO NEWS SERVICES**



Jen throws herself a 40th birthday party

EVENTS Jennifer Aniston celebrated a landmark birthday a few days early. The Friends star, who turns 40 tomorrow, threw a lavish party at her Beverly Hills mansion on the weekend, reports Exposay.com. Guests included Courteney Cox, Tom Hanks, Oprah Winfrey and Jen's boyfriend, John Mayer. **METRO NEWS SERVICES**



Elton's not amused with David Spade

RUN-INS Not everyone finds David Spade funny. The comedian was having dinner with Courteney Cox in Los Angeles at the same restaurant as Elton John and his husband, David Furnish, according to Page Six. When John seated some of his bodyguards at a table next to Spade and Cox, Spade joked, "I hope he's picking up my cheque, too!" According to an eyewitness, "Everyone laughed but Elton." **METRO NEWS SERVICES**



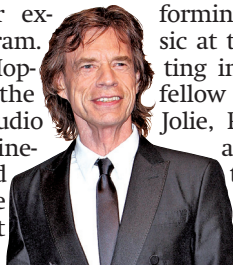
Mick cracks up BAFTA-goers

AWARDS Mick Jagger delivered the top prize — to the evening's big winner, Slumdog Millionaire — and the best line of the evening, at Sunday's 2009 British Academy Film Awards, people.com reports.

Explaining what he was doing at a movie event the same night as the Gram-

mys, the Rolling Stone said he was part of a rock star-movie star exchange program. "Sir Anthony Hopkins is in the recording studio with Amy Winehouse," joked Jagger, "And we are hoping that

next week Sir Brad and all the Pitt family will be performing The Sound of Music at the Brit awards." Sitting in the audience with fellow nominee Angelina Jolie, Pitt cracked up and applauded along with the rest of the crowd. **METRO NEWS SERVICES**





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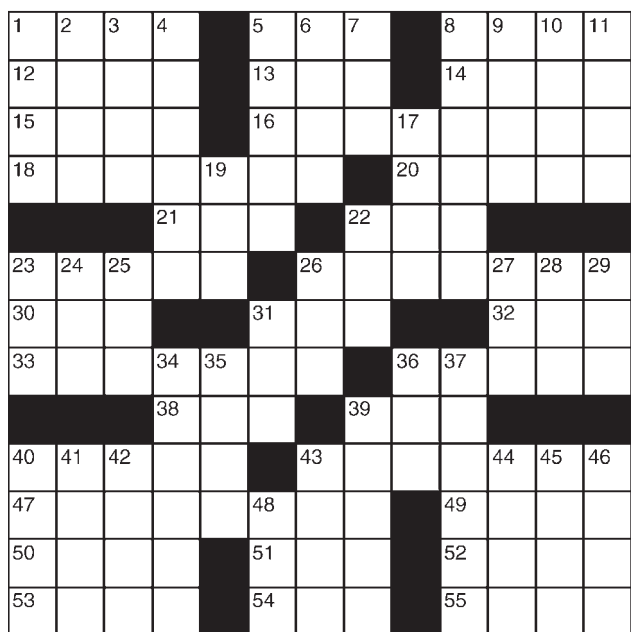
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Take Five



Crossword across

- | | | |
|-----------------------|-------------------------|--------------------------|
| 1 GIs' dinner | Brenda | measure |
| 5 Watch chain | 26 Insult | 49 Canal zone |
| 8 Magician's stick | 30 "Alley —" | 50 Reed instrument |
| 12 Wheel holder | 31 Scull tool | 51 Coq au — |
| 13 Spring mo. | 32 Zodiac feline | 52 Slithery swimmers |
| 14 Sheltered | 33 Disappointment | 53 Former German capital |
| 15 "Once — a time" | 36 Passenger | 54 Rocker Winehouse |
| 16 Raze | 38 Puncturing implement | 55 Foolish one |
| 18 Inside information | 39 Hamburger holder | |
| 20 That is (Lat.) | 40 Talia of "Rocky" | |
| 21 Historic time | 43 Twilight start | |
| 22 Enemy | 47 Confinement | |
| 23 Ringo or | | |

Crossword down

- | | | |
|-------------------------|--------------------------------|------------------------|
| 1 Handle roughly | minute | 39 Easter symbol |
| 2 Big fair | 19 Bobby of hockey | 40 Unkempt one |
| 3 Decelerate | 22 Bear hair | 41 Vagrant |
| 4 "Return to —" | 23 Fa follower | 42 PC picture |
| 5 Islamic decree | 24 Pirouette pivot | 43 Take to the lake |
| 6 Admitting customers | 25 Suitable | 44 Sandwich cookie |
| 7 Support system? | 26 Skillet | 45 Executor's document |
| 8 Rolled up into a ball | 27 Antiquated | 46 Birds' home |
| 9 Lotion additive | 28 Teensy | 48 Eggs |
| 10 11 p.m. telecast | 29 Neither mate | |
| 11 Fender bender result | 31 Harry Potter's Hedwig, e.g. | |
| 17 Laugh-a- | 34 Dim the lights | |
| | 35 Still unpaid | |
| | 36 Skedaddle | |
| | 37 "Absolutely" | |

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



3	7	5	8	4	2	9	1	6
9	2	4	5	1	6	7	3	8
6	8	1	9	7	3	2	5	4
5	3	8	6	9	4	1	7	2
7	1	6	2	8	5	4	9	3
2	4	9	7	3	1	8	6	5
8	9	3	4	6	7	5	2	1
1	5	7	3	2	8	6	4	9
4	6	2	1	5	9	3	8	7

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:	17-21 min	Smart
Under 13 min	21-25 min	Not bad
13-17 min	25+ min	Keep practising

Metro Recipe of the Day



Sauerkraut and Cider Pork

INGREDIENTS:
 Nonstick cooking spray
 6 pork loin chops with bones, 3/4 in. (2 cm) thick and trimmed
 1 lb (500 g) sauerkraut, drained and rinsed
 1 large yellow onion, sliced
 1 cup shredded carrot
 1/2 cup (125 ml) apple cider or apple juice
 1 tbsp (15 ml) firmly packed light brown sugar
 1/2 tsp (2 ml) dried rosemary leaves
 1/4 tsp (1 ml) ground ginger
 1/4 tsp (1 ml) black pepper

METHOD:
 1 Coat 10-in. (25-cm) non-stick skillet with cooking spray. Heat skillet over

moderate heat. Add 3 pork chops and cook 3 minutes per side or until browned. Remove chops. Repeat with remaining chops.
 2 Add sauerkraut, onion, carrot, apple cider, brown sugar, rosemary, ginger and pepper to skillet; stir until mixed.
 3 Place chops on top of sauerkraut mixture. Bring to boil. Lower heat and simmer, covered, 5 to 6 minutes or until chops are no longer pink inside.

SERVES 6



Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
 You are expected to set a better example to others. A sweet woman will remain loyal and true-hearted. Damaged goods will give you no joy.



TAURUS
APRIL 21-MAY 21
 Meet and greet the people who are in charge. A flirtation has an emotional impact. You'll feel a sense of urgency to visit a friend.



LIBRA
SEPT 23-OCT 23
 A wonderful man makes you laugh. Trivial problems with a casual romance cause dismay. Those who fight comfort are merely afraid.



SCORPIO
OCT 24-NOV 22
 A foolish affectation will be boring. A control freak's conceit will infuriate you. A situation becomes serious and you'll make decisions.



GEMINI
MAY 22-JUNE 21
 A bully seeks a chink in your armour. A gracious person admits that you were right. Have your skills assessed before a training program.



SAGITTARIUS
NOV 23-DEC 21
 All eyes will be on you if you horse around. You have much to say about love. Indisputable information is revealed by a blasé person.



CANCER
JUNE 22-JULY 22
 Last minute details crop up and cause fury. You'll need help in your search for intelligent life. Talking of family causes an argumentative night.



CAPRICORN
DEC 22-JAN 20
 A stubborn stranger provokes insights. Reflections of the past will echo into your future. Go all the way when presenting ideas to a group.



LEO
JULY 23-AUG 23
 A blast from the past stops you in your tracks. Don't risk a battle of the bulge. Somebody's temper-tantrums could damage their reputation.



AQUARIUS
JAN 21-FEB 18
 Your work pays off in pleasing ways. The news creates an atmosphere of uncertainty. When you're in doubt, ask for more information.



VIRGO
AUG 24-SEPT 22
 Using diplomacy in a debate will calm the waters. The end of a project brings sadness and relief. Watch out for hidden pitfalls in a relationship.



PISCES
FEB 19-MARCH 20
 Get busy doing the things you want to do. An apology changes your attitude. Someone's fragile ego will need some pampering.



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he's just *not* that into you

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